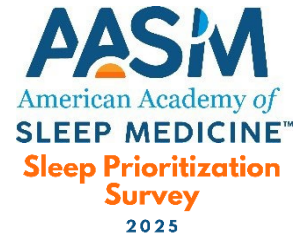


AASM Sleep Prioritization Survey

Losing Sleep to Worries



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,007 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between June 5 and June 13, 2025, by Atomik Research, an independent market research agency.

Question

How often have you lost sleep at night due to worries about the following?

Results for those answering “always,” “often,” “sometimes,” or “rarely”

- 65% of respondents have lost sleep due to worries about work
- 56% of respondents have lost sleep due to worries about job security
- 78% of respondents have lost sleep due to worries about financial concerns
- 56% of respondents have lost sleep due to worries about politics
- 39% of respondents have lost sleep due to worries about Artificial Intelligence and emerging technology
- 61% of respondents have lost sleep due to worries about crime or violence
- 57% of respondents have lost sleep due to worries about global conflicts
- 76% of respondents have lost sleep due to worries about sleep problems

Overall Results

Total	2,007
Work	65%
Job security	56%
Finances	78%
Politics	56%
AI & emerging technology	39%
Crime or violence	61%
Global conflicts	57%
Sleep problems	76%

More than three-fourths (78%) of U.S. adults have lost sleep due to worries about financial concerns.

Results by Gender

	Male	Female
Total	1,005	999
Work	72%	61%
Job security	64%	49%
Finances	79%	77%
Politics	59%	52%
AI & emerging technology	46%	34%
Crime or violence	59%	59%
Global conflicts	58%	53%
Sleep problems	78%	75%

U.S. adult men and women are equally as likely to have lost sleep over crime or violence (59%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	233	397	398	347	332	300
Work	76%	76%	76%	73%	60%	32%
Job security	58%	68%	68%	62%	51%	23%
Finances	77%	79%	82%	81%	79%	68%
Politics	57%	55%	59%	56%	53%	51%
AI & emerging technology	53%	52%	47%	38%	29%	16%
Crime or violence	62%	66%	65%	59%	54%	44%
Global conflicts	63%	64%	59%	57%	50%	41%
Sleep problems	81%	78%	83%	80%	77%	61%

U.S. adults aged 25-34 and 35-44 are equally as likely to have lost sleep over job security (68%). They are also the most likely age groups to have lost sleep over this issue. U.S. adults 65+ are the least likely (23%) to have lost sleep over job security.

Comparative 2024 data:

- [Losing Sleep Over Sleep](#)
- [AI and Emerging Technology Worries](#)
- [Job Security](#)
- [Global Security](#)
- [Financial Worries](#)
- [Election Worries](#)

About the American Academy of Sleep Medicine

Established in 1975, the AASM is a medical association that advances sleep care and enhances sleep health to improve lives. The AASM membership includes more than 9,500 physicians, scientists, and other health care professionals who help people who have sleep disorders. The AASM also accredits 2,300 sleep centers that are providing the highest quality of sleep care across the country (aasm.org).